

Mental Health

Alpine Special Treatment Center.....619-445-2644
 Crossroads Family Center.....619-441-1907
 *outpatient 1679 E. Main St. Ste 102, El Cajon, CA 92021
 Alvarado Parkway Institute.....619-667-6125
 *24hr Psych Evaluation & Referral Services
 Rady's Children's Behavioral Urgent
 Care.....858-966-5484
 San Diego Psychiatric Hospital.....
 3853 Rosecrans St 92110.....619-692-8200
 Sharp Grossmont.....619-740-4802
 The Emergency Screening Unit..... 619-740-6107
 *children and teens.....619-876-4502
 East County Mental Health.....619-401-5500

Children and Teens

San Diego Youth and Family Services
 Programs.....619-221-8600
 CA Youth Hotline.....800-852-8336
 Special Education Services–
 East County SELPA.....619-590-3920
 Director of Pupil Services and Special Education; Moun-
 tain Empire.....619-473-8869
 Alpine Youth Center.....619-659-5088
 Learning Assistance Center619-956-0615
 *Counseling Services for children Pre-K - high school

Children/Teens Emergency Shelter

The Storefront.....619-325-3527
 Cool Beds.....619-221-8600
 Crisis house.....619-444-1194
 *available for families/victims of domestic violence

LGBT and Peer Support

The Center.....619-692-2077
 Pflag (Santee location).....888-398-0006
 *Support services for parents, families & friends LGBTQ
 Stepping Stone.....619-278-0777
 NAMI.....619-543-1434

EMERGENCY SERVICES

Crisis Lines

Access & Crisis Line..1-888-724-7240
Suicide Prevention.....1-800-273-8255
Texting Line: text “START” to 741-741

Psych Emergency Response Team..... 911
 Info Line..... 211
 Child Abuse Hotline.....1-800-344-6000
 Adult Abuse Hotline.....1-800-510-2020
 Youth Crisis Hotline.....1-800-843-5200

Domestic Violence & Abuse

Becky's House.....619-234-3164
 YWCA-Passages619-239-0355
 Center for Community Solutions...888-385-4657
 Women's Resource Center.....760-757-3500
 Community Resource Center.....760-753-8300

Short term Acute Residential Treatment

Halcyon Center, El Cajon619-579-8685
 *Clients Experiencing Severe Mental Illness, Low Cost

Food & Clothing Assistance

American Red Cross WIC.....800-500-6411
 *Assistance for pregnant women & parents w/children under 5
 years.
 CalFresh (EBT).....866-262-9881
 220 S 1st St, El Cajon, CA 92019
 *www.mybenefitscalwin.org

Alpine Community Center Food Pantry619-445-7330
 1830 Alpine BLVD, Alpine, CA,91901
 *by appointment only

Feeding San Diego.....858-452-3663
 1912 Arnold Way, Alpine, CA, 91901
 1st and 3rd Wednesday 9am-10am
 737 Grant Avenue El Cajon, CA, 92029
 Saturday 9am-11am

*for more location visit feedingsandiego.org/get-help

Alpine



SmartCare Resource Guide:

Your appointment is on:

Behavioral Health Consultant:

Maria C. Madrid, LMFT
 (619) 961-8096

Behavioral Health Educator:

Daniela Rendon Benitez
 (619) 787-0145

San Ysidro Health Alpine Family Medicine
 1620 Alpine Blvd. #111.....(619) 662-4100

Alpine Community Center
 1830 Alpine Blvd. 91901....(619) 445-7330

Alpine Urgent Care
 1730 Alpine Blvd, 91901...(619) 722-1072

SmartCare Administrative Office

1012 Main Street, Suite. 101,Ram, CA 92065
 (760) 788-9725.....fax (760)788-9754

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instagram.com/vistahillsmartcare



Revised 08/10/2022

SUBSTANCE USE AND ABUSE

Teen Recovery

McAllister Institute.....619-442-0277
**www.mcalisterinstitute.org*

Adult Recovery

McAlister Institute.....619-465-7303
**Non-Medical Residential Detox
1400 N. Johnson Ave. Ste.101 El Cajon, CA 92020*
McAlister Institute East County De-
tox.....619- 465-7303
Freedom Ranch.....619-478-5696
**Men's recovery
1777 Buckman Springs Road Campo CA 91906*

Homeless Recovery

East County Transitional Living Center.....
.....619-442-0457
**families/single parents with children*

Meetings

AA.....619-265-8762
**all meetings on Zoom visit
www.aasandiego.org for schedule*
NA.....619- 584-1007
**all meetings on Zoom visit
www.sandiegona.org*
Al-Anon.....619-296-2666
**no meetings, literature available at
www.alononsandiego.org*
CoDA619-222-1244
**online meetings visit sdccoda.org*

Medical Detox

Sharp McDonald Center.....858-637-6920

Therapists

Dr. Jennifer Kugel-Fritz.....619- 662-4100
**San Ysidro Alpine Family Medicine*
Dr. Shant Barmack.....619-662-4100
**San Ysidro Alpine Family Medicine*

Health/ Medical

Medi-Cal for Families Information Line.....
.....800-880-5305

Aging and Seniors

Aging & Independent Svc.....800-510-2020
FACT transportation Svc.....888-924-3228
**For those 60+*

Hospice & Bereavement

Elizabeth Hospice.....760-737-2050
Together Hospice Care.....619-597-1388
Sharp HospiceCare.....619-667-1900
Alpine View Lodge.....619-445-5291
Advantage Health858-547-0077

Utility Assistance

California Lifeline Program
English.....866-272-0349
Spanish.....866-272-0350
**www.californialifeline.com*
**Basic, single line phone service or cell phone for qual-
ifying homes.*
SDG&E800-411-7343
**Utility bill assist. for qualifying low -income families*

Legal

Legal Aid.....877-534-2524
Disability Help Center.....888-418-8860
Aging & Disability Resource Connection.....
.....800-510-2020

Youth Services

YMCA Childcare Resource Services
Child Care Referral Line.....800-481-2151
Neighborhood House Association Head Start
.....888-873-5145

Family Planning

Planned Parenthood.....888-743-7526
*1685 E Main St, El Cajon, CA 92021
www.plannedparenthood.org*

Shelters

Inclement Weather Shelter.....
.....2-1-1 or 858-300-1211

Other

Smoker's Hotline.....800-766-2888
www.californiasmokershelpline.org
800-NO-BUTTS..... 800-662-8887
American Cancer Society....800-227-2345
www.cancer.org
American Diabetes Assoc....619-234-9897
www.diabetes.org
Immunizations (CDC).....800-232-4636

Veterans

Veterans Crisis Line (press 1)....800-273-8255
Text.....838255
www.veteranscrisisline.net
VA San Diego Healthcare system.....
.....858-552-8585
3350 La Jolla Village Dr., San Diego, CA 92161
Veteran's Village.....619-393-2000

Libraries

Alpine Library.....619-445-4221
1752 Alpine Blvd. Alpine, CA 91901

Adult schools

Grossmont Adult School.....619-588-3512
1550 Melody Ln., El Cajon, CA 92019